



## Miriam van Groen: Leveraging Psychedelic Experiences



Miriam van Groen is an Integral practitioner, circling facilitator, psychedelics guide and coach. She uses all of her embodiment presence and connection practices to support people that want to explore their inner world in intentional psychedelic sessions. Discover how to make the most of your psychedelic experience.

**TOP EMBODIMENT TIP:** Become aware of what's going on and say “Hi” (things want to be seen and acknowledged).

### Characteristics of Psychedelics: **Non Specific Amplifier of the Perception.**

- Anti-addictive, can help with depression, anxiety and PTSD.
- Set and setting is important.
- Make the sense of time and space become fluid.
- **People feel more connected to their body while being less confined to it.**

### Preparation: **Preparation, Experience and Integration are Equally Important.**

- Set an intention for your journey.
- Choose a theme that you want to look at.
- Curiosity, exploration, kindness instead of goal orientation, fixing, trying.

### Experience: **Allowing Instead of Pushing.**

- Trust that whatever comes up is right, everything is welcome.
- Give permission to be messy, allow your body to express what is going on - crying, yawning, crawling on the floor, sounds, moving, shaking.
- No explanation for the experience is needed.
- Feel into your body and relax it again and again.
- **The guide is there to witness, receive and help co-regulate the nervous system.**

### Integration:

- During the journey you can have experiences of loving kindness, reparenting, compassion, connectedness with everything, which can be accessed in daily life.
- Using those neural pathways over and over makes those states become part of your default. This requires practice.

### Resources:

- ❖ **Website:** [Guided Tripping.](#)
- ❖ **References:** [Library of Research](#)



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**Dylan Newcomb:** Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**

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